

Deerfield Parks & Recreation



Tai Chi Classes

With Instructor Lin Lin Choy

**18 Therapeutic & Health Exercises
6-Week Continuous Course
at Deerfield Town Hall**

**Sunday Mornings: Beginners 8:00am to 9:30am
Experienced 9:30am to 11:00am**

Cost:

**\$40 for 1-hour full session class (\$10 drop-in)
\$60 for 1.5-hour full session class (\$15 drop-in)**

Instructor Lin Lin Choy was born in Fujian, China and moved to the U.S. in 2001. Her Tai Ji Quan (Tai Chi) journey started in the 1980's in which she spent 3 intensive training periods at the Beijing People's University & Beijing Sports University. She has been teaching Tai Chi both in London and in the U.S. for the past 12 years. Lin Lin has taught in Universities, Acupuncture Schools, Museums, Hospitals, Fitness Centers, Kindergartens, and Senior Centers. Her teaching philosophy is... "there is no student who cannot be taught, there is only a teacher who cannot teach".

Tai Chi is an ancient Chinese Martial Art, which is best described as a moving form of Yoga & Meditation. Its benefits include better balance, alignment, coordination, focus, and confidence...

The 6-week introductory course will cover basic Tai Chi moves from the most popular simplified Yang Style Tai Chi Form. It is easy & fun to learn! Come and experience a NEW way of connecting with your body...

To sign up for the 6-week course, please use the registration form on the other side -->

*** You may also register at the Town Hall on Sunday mornings***

For more information contact: Deerfield Parks & Recreation at 463-8811 x305 or dffdparcs@townofdeerfieldnh.com.
Forms are also available on our website www.townofdeerfieldnh.com

Deerfield Parks & Recreation

2010 Tai Chi Registration Form

Last Name	First Name	MI
_____	_____	_____
_____	_____	_____
_____	_____	_____

Mailing Address _____

City _____ **State** _____ **Zip Code** _____

Phone (Home) _____ **Phone (Alternative)** _____

Email Address _____

Emergency Contact:

Name _____ **Phone number** _____ **Relationship** _____

Insurance Carrier _____

Group & ID# _____

Medical Concerns: _____

Tai Chi Program Cost for 6-weeks is: **\$40** for Beginners or **\$60** for Experienced Learners

Please make checks payable to **Deerfield Parks and Recreation**

Your Check # _____

Program Cancellation: DPR reserves the right to cancel any program, event, or activity for any reason preventing a quality outcome. Note that money/monies paid for registration of any cancelled program will be refunded in full to registrar post cancellation.

Refund Policy: No refunds, credits, or transfers will be issued after the first day of the class or program. Full refunds will be granted only if requested prior to the start date of a class or program.

I the undersigned assume all responsibility for my participation in Tai Chi Classes offered by the Deerfield Parks and Recreation Department. I will not hold the Town of Deerfield, The Deerfield Parks and Recreation Department, or any of it agents responsible for any accidents or injuries that may occur due to my participation. I also authorize permission for myself to receive any emergency medical treatment that may be needed.

Participant Signature _____ **Date** _____

Please mail or submit in person to:

**Deerfield Parks & Recreation Dept,
PO Box 159, 8 Raymond Road, Deerfield, NH 03037**

For More Information: (603) 463-8811 x305 or E-mail parks@townofdeerfieldnh.com